

BEAT TENSION HEADACHES WITHOUT PILLS



BEAT TENSION HEADACHES WITHOUT PILLS

The #1 exercise to eliminate tension headaches and have them never return.

If you are someone that finds themselves having frequent headaches and you have said to yourself, "If I could just get rid of this headache: then this might be the most important blog you read all year and here's why..."

Have you ever said any of these things...

- I wish I could get rid of this headache
- I'm sorry I can't right now, I have a headache
- I have to leave, I have a headache

Imagine you could wave a magic wand and have your headaches be gone. Be able to stay at work, participate in your kid's activities, not have to lay down because of a headache.

Why you should listen to me?

I suffered from daily headaches. Not good when you are interacting with people all day long. By 3:00 every day my head would be throbbing and it hurt to listen to people talk, not good when you are a physical therapist. My eyes and ears would hurt by the end of the day the headache got so bad. It interfered with everything. I couldn't participate in anything when I got home from work, I didn't want to go out with friends, I just wanted to lay down in bed until the next day when I knew the headache would be gone.

What are you going to discover by reading this blog?

1. Why people get tension headaches
2. How to fix tension headaches
3. How to prevent them from coming back

Each of these are equally important if you want to eliminate headaches so you can experience life without having to STOP or slow down or take medicine because of a headache. But we are going to cover each of these points in order.

Why people get tension headaches...

This is important for you to know because unless you know the why you can't fix the how. Unless you understand what is causing your pain you can't fix it.

I had a patient who, as a younger girl started off just getting headaches once in a while in her temples after she came home from school. Within 6 months it had progressed to daily headaches and nausea and blurry vision. She went to every specialist to try to figure out what it was. No one could find the cause. Her mom happened to email me and ask if I worked with headaches. I brought her in, we found the cause and within a week she had seen a significant reduction in the frequency and the intensity of the headaches. So, here's what you need to do so you can figure out why you get tension headaches. Look at your posture. Look at your posture in the places you find yourself the most, whether it is in the car, at your desk but observe how you look.

In order to have good posture you have to roll your shoulders up, back and drop them down. Do not pin them back and stand in attention but let them drop and then bring your elbows bent to 90 degrees. See how your car, your workstation, where ever you are measures up. If everything is not immediately at the

level where you can keep your head, shoulders and arms in that position, then your headaches are being caused by poor posture but you can't fix them just by telling yourself to sit up straight.

How to fix tension headaches...

Okay, now you have the first step to solving tension headaches. So, let's move to how you fix tension headaches. Why do you need to know how to fix tension headaches? So you do not have to leave work early or your kids practice. So you don't come home in a bad mood and yelling at everyone because you have a headache.

There was a patient of mine who had 4 kids and worked full time. By the time she got done with work she would have to go home and sit in a chair for a while. She was yelling at her kids because she couldn't stand the noise they were making when she walked in, she had to miss her kids' events because the headaches were getting so much more intense. After we taught her a few exercises to do in just two weeks she was able to come home and interact with her children and go to all of their activities and begin to enjoy life more.

To make this happen so you can get rid of tension headaches, you need to drop your shoulders. I know so easy. But here's the problem, you have trained your shoulders to be elevated so it is impossible for your shoulders to stay down without you thinking about it. So every minute of every day until you train your shoulders to stay down you will have to consciously tell yourself to push your shoulders down and 9 times out of 10 when you tell yourself to do that, you will see your shoulders drop significantly.

Now let's move on to:

How to prevent tension headaches from coming back...

This is important for you to know because once you get the headaches to go away, it is very easy to find yourself in positions and postures that will cause you to have your muscles working overtime and causing you headaches.

There was a patient who we had solved her neck pain, her headaches, her numbness and tingling, everything had gone away. She was discharged and pain free. A few years later she had changed jobs and moved to working from home. She didn't spend the time, effort or money to do a desk at home and just worked at her kitchen table and her counter, where ever she wanted. Within 2 months of the new job, her headaches, the numbness and tingling and the pain had all returned because she didn't make it easy for her body to stay in correct posture.

Here's what you need to do so you can prevent tension headaches from coming back. You need to make sure that all of your positions (driving, work, etc) that you are going to be doing for more than 15 minutes straight are all set up to allow you to have perfect posture.

Your body will follow a path of least resistance. For example, if you have a lap top, it is not realistic to think that you can just move your eyes down and type. After a while your head will follow your eyes and you will begin to overwork muscles and cause headaches.

Do not work from areas that are convenient, like the kitchen counter or the table, make sure that if you are going to be doing 15 minutes or more of work that you configure your work space accordingly. For times when you cannot configure your posture, like sitting on the bleachers at a kid's soccer game, then make sure to get up every 15 minutes. With no support to your back and poor support everywhere else your body will just let gravity go to work and you will wind up hunched over in a little ball. Getting up and moving every 15 minutes is a big key to keep your muscles happy and healthy.

So now you know the 3 things for relieving a tension headache so you can experience life again without your head pounding and this is a good start.

WHAT DO YOU DO NEXT?

If you're looking for the best way to relieve your headaches I want to personally help you get the results you desire so I've put together a very special no cost, no obligation very limited time offer just for you.

- **A Free Headache Screening Exam to determine the cause of your pain and a plan for getting rid of it!**

This is a no cost, no obligation, no risk option for you to learn more about your neck pain and headaches. All you have to do is call the office at **508-528-6100** or **email frontdesk@proptinc.com** and schedule your **Free Headache Screening**. Do NOT hesitate, the longer you wait the worse your pain and headaches will become.